

It's Summer! Try some new moves! Join us on June 10th to try **Ski Walking with Pete Edwards**, Director of the American Nordic Walking System based in Glen Arbor. Poles will be provided for our activity time or bring your own and learn some new walking techniques!

Pete Edwards has been coaching runners and skiers of all ages and fitness levels for over 40 years. Edwards is a former ski school director, ski coach, running coach and the owner/founder/coach of The American Nordic Walking System and SKIWALKING.COM LLC Nordic Walking Poles, headquartered in Empire, Michigan. He has also introduced Nordic Walking to thousands of Americans through Nordic Walking clinics, radio interviews, newspaper interviews, and TV interviews. Hosting Nordic Walking clinics is extremely enjoyable for Edwards, and he especially enjoys hosting Nordic Walking clinics for MS, Parkinson's and Diabetes support groups, plus Wounded Warrior Programs.